

**State and Local Public Health Actions to Prevent Obesity, Diabetes, Heart Disease, and Stroke (1422)**  
**Lifetime of Wellness: Communities in Action**

## **Fact Sheet**

### **Purpose**

In September 2014, the California Department of Public Health (CDPH) was awarded a four-year grant from the Centers for Disease Control and Prevention (CDC) State and Local Public Health Actions to Prevent Obesity, Diabetes, Heart Disease, and Stroke (1422). The California initiative is known as *Lifetime of Wellness: Communities in Action (Lifetime of Wellness)*.

Heart disease, stroke, diabetes, obesity and associated risk factors make a huge impact on the health of Californians. With this grant, CDPH will contract with local health departments to focus on evidence-based primary, secondary, and tertiary prevention measures within target populations. California will not only improve its people's overall health, but also reduce health inequities.

### **Alignment with the California Wellness Plan**

*Lifetime of Wellness* will align the efforts in this grant with the chronic disease state plan, entitled the [California Wellness Plan](#) (CWP); and the [Governor's Let's Get Healthy California Task Force Report Priorities](#).

The overarching goal of the CWP is *Equity in Health and Wellbeing* with an emphasis on the elimination of disparities in preventable chronic diseases. The CWP has short, intermediate, and long-term objectives that align with each of the 15 strategies listed in *Lifetime of Wellness* such as: increasing healthy diets; increasing healthy food outlets; increasing walking and bicycling; increasing safe communities; increasing lifestyle intervention programs; decreasing prevalence of obesity and diabetes; and increasing controlled high blood pressure and high cholesterol.

### **Coordination**

CDPH will coordinate with CDC-funded programs including California's 1305 grant: Prevention First: Advancing Synergy for Health, California Arthritis Partnership Program (CAPP), Well-integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN), California Tobacco Control Program (CTCP), Nutrition Education and Obesity Prevention Branch (NEOPB), Safe and Active Communities Branch (SACB) and the Office of Health Equity.

### ***Lifetime of Wellness* Grantees**

CDPH conducted a systematic process to identify counties for local action in this funding opportunity. The process included a burden of disease analysis for cardiovascular disease, diabetes and obesity, as well as conducting social determinants of health analysis.

CDPH will work with Fresno, Tulare, Merced, Shasta, San Joaquin and Solano county local health departments (LHDs) to provide leadership, coordination, training and technical assistance to carry out 15 strategies. The selected LHDs grantees will conduct activities within each component that work toward achieving predetermined project period performance measures; and short, intermediate, and long-term outcomes.

**Local Health Departments** are tasked to carry out activities within the four areas listed below:

- Environmental strategies to promote health and support and reinforce healthful behaviors
- Strategies to build support for healthy lifestyles, particularly for those at high risk, to support diabetes and heart disease and stroke prevention efforts
- Health system interventions to improve the quality of health care delivery to populations with the highest hypertension and prediabetes disparities
- Community clinical linkage strategies to support heart disease and stroke and diabetes prevention efforts

***Lifetime of Wellness Grant's Long-term Outcomes Include:***

- Reduce death and disability due to diabetes, heart disease and stroke by three percent in the implementation area.
- Reduce the prevalence of obesity by three percent in the implementation area.

**For more information contact:**

**Lisa E. Rawson**

[Lisa.rawson@cdph.ca.gov](mailto:Lisa.rawson@cdph.ca.gov)